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Keep Food Safe in a Power Outage



Be Prepared:

- ✓ Have a refrigerator thermometer.
- ✓ Know where you can get dry ice.
- ✓ Keep on hand a few days' worth of ready-to-eat foods that do not require cooking or cooling, which depend on electricity.

When the Power Goes Out:

- ✓ Keep the refrigerator and freezer doors closed as much as possible.
- ✓ The refrigerator will keep food cold for about 4 hours if it is unopened.
- ✓ Refrigerators should be kept at 40° F or below for proper food storage.

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For more information on stretching your food dollars, contact your local SDSU Extension office or the State Office at 605-688-4440.

South Dakota State University, South Dakota counties and USDA cooperating. South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.

Recipes from: <http://www.whatscooking.fns.usda.gov>
Content from: <http://www.fda.gov>

Food Safety Tips

Once the Power is Restored:

- ✓ Check the temperature inside of your refrigerator and freezer.
- ✓ If an appliance thermometer was kept in the freezer, check the temperature when the power comes back on. If the freezer thermometer reads 40° F or below, the food is safe and may be refrozen.
- ✓ If a thermometer has not been kept in the freezer, check each package of food to determine its safety. You can't rely on appearance or odor. If the food still contains ice crystals or is 40° F or below, it is safe to refreeze or cook.
- ✓ Refrigerated food should be safe as long as the power was out for no more than 4 hours. Keep the door closed as much as possible.
- ✓ Discard any perishable food (such as meat, poultry, fish, eggs or leftovers) that has been above 40° F for two hours or more.





Cost per recipe: \$3.97
per serving: \$0.66

Tuna Veggie Antipasto

Yields: 6 serving

Ingredients:

- 2 cups carrot (raw, chopped or any of your favorite raw veggies)
- 2 1/2 cups celery (raw, chopped or any of your favorite raw veggies)
- 1 can tuna, in water (6.5 ounce light, drained and flaked)
- 1 can white beans (15 ounces, or your favorite beans)
- 2 tablespoons Parmesan cheese (grated)
- 1/4 cup vinegar (or juice of 2 lemons)
- 1 tablespoon vegetable oil
- 1/2 teaspoon dried dill (or 1 tablespoon fresh dill)
- 1 teaspoon garlic (chopped)

Instructions:

Wash and trim vegetables. Chop into bite size pieces. Place in large bowl. Combine vinegar, dill (or other herbs), garlic and oil. Pour over vegetables. Drain and rinse beans. Break up tuna into smaller chunks. Combine vegetables, beans and tuna; toss gently. Marinate salad overnight to combine flavors.

Nutritional Information per serving:
Total Calories 180; Total Fat 4g; Protein 15g; Carbohydrates 21g; Dietary Fiber 5g; Saturated Fat 1g; Sodium 110mg



Peachy Peanut Butter Pita Pockets

Yields: 4 serving

Ingredients:

- 2 pita pockets (medium, whole wheat)
- 1/4 cup peanut butter (reduced fat, chunky)
- 1/2 apple (cored and thinly sliced)
- 1/2 banana (thinly sliced)
- 1/2 peach (fresh, thinly sliced)

Instructions:

Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls. Fill with a combination of apple, banana, and peach slices. Serve at room temperature.

Cost per recipe: \$2.00
per serving: \$0.50

Nutritional Information per serving:
Total Calories 210; Total Fat 7g; Protein 7g; Carbohydrates 32g; Dietary Fiber 4g; Saturated Fat 2g; Sodium 260mg



Confetti Bean Salsa

Yields: 6 serving

Ingredients:

1 can black or red beans (15.5 ounce)
1 can corn (12 ounce)
1 cup salsa

Instructions:

Drain and rinse the beans. Drain the corn. Combine beans, corn, and salsa in a medium-size bowl. Mix.

Like it hot? Add a few drops of hot sauce or chopped green chilis. Try chopped cilantro, parsley or green pepper, too. Serve with whole grain chips or crackers for dipping.

Cost per recipe: \$2.66
per serving: \$0.44

Nutritional Information per serving:
Total Calories 90; Total Fat 1g; Protein 5g; Carbohydrates 18g; Dietary Fiber 4g; Saturated Fat 0g;
Sodium 540mg



Tofu Salad

Yields: 4 serving

Ingredients:

3/4 pound tofu (firm)
2 tablespoons mayonnaise, reduced calorie
3 teaspoons brown mustard
1/2 teaspoon soy sauce, low-sodium
1/2 cup celery (diced)
1 tablespoon onion (diced)
1/2 green pepper (seeded and diced)
1 tablespoon parsley (minced)

Instructions:

Prepare tofu by draining the water from the package and placing tofu between two plates. Put a heavy object on top and let stand for 10 to 15 minutes. Drain the water that collects on the bottom plate every few minutes. In a small bowl, mix the mayonnaise, mustard and soy sauce. In a medium bowl, combine the diced tofu, celery, onion, pepper, and parsley; stir in the mayonnaise mixture and toss gently to coat. Refrigerate covered until the flavors are blended - at least one hour. Use as a sandwich filling or on top of whole grain crackers.

Cost per recipe: \$2.38
per serving: \$0.59

Nutritional Information per serving:
Total Calories 86; Total Fat 5g; Protein 7g; Carbohydrates 4g; Dietary Fiber 1g; Saturated Fat 1g;
Sodium 128mg